

# VirtualCheckup™ brings everything to you.

At Catapult Health, we empower individuals to improve their health by bringing VirtualCheckup™ to YOU. You decide where and when you'd like to be tested. You choose a convenient time and location to interact virtually with our Nurse Practitioner. You help drive the creation of your personal action plan. Getting a health checkup has never been easier!



**1** Get your Home Kit in the mail

VirtualCheckup™ is fast, free and easy. But don't let that fool you. It is also comprehensive and filled with powerful insights.



**2** Follow the simple directions

We make things simple, convenient and painless. Our mission is to empower you to improve your health.



**3** Complete your VirtualCheckup™

Our Nurse Practitioners provide just the right mix of clinical advice and practical solutions, always delivered with compassion and care.

## Here is what's included in each checkup:

### Values Measured

- Height
- Weight
- BMI
- Abdominal circumference
- Blood pressure
- Heart rate
- Total cholesterol
- HDL
- LDL
- Triglycerides
- Glucose and/or A1c

### COVID-19 Assessment

- COVID-19 questionnaire
- NP follow up for anyone with signs or symptoms

### Health History and Symptoms Review

- Allergies
- Asthma
- Cancer
- Diabetes
- Obstructive sleep apnea
- Chest pain
- Circulation problems
- Shortness of breath
- Sleeping problems
- Swelling of hands or legs

### Family History

- Diabetes
- Coronary artery disease
- Stroke
- Breast cancer
- Colon cancer

### Cancer Screening Review

- Breast exam
- Colorectal screening
- Pap smear

### Medications

- Compliance
- Effectiveness review
- Potential reactions among multiple meds
- Generic options

### Depression Assessment

- Depression screening
- Discuss behavioral health programs available to you

### Connect to Care

- Results sent to your Primary Care Provider (PCP)
- If no PCP, assistance provided to find one
- Review health improvement programs available through your employer or health plan

### Personal Action Plan

- Review your Personal Health Report including personal action plan created by the NP

### Results in Real Time

- Results available through our secure patient portal and via your smartphone
- NP audio recording of your checkup summary and action plan

Scan here to watch the VirtualCheckup™ patient video.



**Find out more at  
VirtualCheckup.com**